

**August 16, 2024**



And what a summer it was! I guess globally one could describe it as the good, the bad, and the ugly. For me one of the good parts about this summer was the Olympic Games in France where Canada outshone all its previous showings with 27 medals. In addition we saw excellent performances from all athletes around the world. Certainly, the unbelievable number of forest fires and the incredible damage they have caused was bad for those who were affected and frightening for all of us. Finally, armed conflict and political unrest in the world was and is nothing less than ugly. In spite of all of this I hope in some way you were all able to enjoy some peace, fun and happiness this summer.

**A REMINDER OF WHAT'S COMING UP ON SLR'S CALENDAR** For details check our website at [www.slrlondon.com](http://www.slrlondon.com)



**FALL OPEN HOUSE AND IN-PERSON REGISTRATION** (Grosvenor Lodge) Thursday, September 5, 10:00 a.m. – 12:00 noon Don't miss out on this great opportunity to talk with course leaders and to register in person before Fall classes begin. At 10:30 a short information session will be presented for prospective and current members who would like an overview of SLR. All are welcome. Bring your friends!



**PRESENTATION WORKSHOP** (Drake Room) Thursday, September 12, 1:30 – 3:00 p.m. This workshop is designed to take the worry out of making a **Study Group presentation**. All are welcome – newcomers and current members – who want to improve their presentation skills, including PowerPoint. You will receive advice on researching, preparing and presenting your topic.



**WELCOME BACK MEET UP AND (OPTIONAL) WALK FOR ALZHEIMER'S** Wednesday, September 18, 10:30 a.m. Springbank Park, Picnic Area K. No cost. Join us for our annual meet and greet prior to the Fall term. This year we are including an optional walkathon for the Alzheimer's Society prior to enjoying a brown bag lunch together at the picnic area. This event will be the culmination of our 30th Anniversary fundraising efforts. You will have received an email in June with more details about this event. See below for information about Alzheimers.



**BOWLING AT PALASAD NORTH** Tuesday  
October 22, 4:00 – 6:00 p.m. Palasad North, 777  
Adelaide Street North Cost: \$20 If one of your  
ideas of a fun evening lies in competing against  
SLR peers, then join us for a late afternoon  
Bowlathon at Palasad. Pit your skills in 6-member  
teams bowling in 4 lanes. Bowling shoes will be  
provided. Take some time to relax and socialize  
after some fierce competition with a pizza snack and pop. May the best team win.



**ANNUAL TRIVIA NIGHT (ONLINE)** Thursday,  
November 21, 7:00 – 9:00 p.m. Back by popular demand, get  
ready for our 4th trivia showdown! Compete against some of  
our best SLR trivia experts. Questions may span history,  
science, pop culture, and more. Speed is key as you race  
against the clock to answer before time runs out. The thrill of  
victory awaits those who conquer obscure facts and outsmart  
opponents. Let the ultimate trivia challenge begin! WINTER 2025



**WINTER PROGRAM PREVIEW FUNFEST**  
Friday, November 22nd, 1:30 – 3:00 p.m. (Doors  
open at 1:00; Presentations begin 1:30 sharp.)  
Siloam United Church, 1240 Fanshawe Park Road  
East Registration opens at 5 p.m. online Enjoy a  
lively and fun-filled program with our course leaders  
describing their winter offerings, entertainment by our Ukulele and Singing members,  
and more! It's a great way to get a real sense of all our Winter offerings while  
socializing, singing, and enjoying free coffee and cookies. Open to all – members and  
prospective members.



**FESTIVE BANQUET** Thursday, December 5,  
12:00 noon Goodwill Building, 255 Horton Street  
East Cost: T.B.A. This annual SLR gathering has  
found a new home. The Goodwill banquet hall on  
the third floor will be where we gather for one of  
our favourite dining events of the year. The hall, a  
modern space with amazing windows and natural light, is elevator accessible. Enjoy the  
warmth of friendship and the pleasure of good food with fellow SLR members as we  
share stories and laughter over our experiences during the Fall term and our  
possibilities for the Winter term.

**SLR COFFEE SOCIALS**-Keep in touch on line with fellow members on a weekly basis



Once again, our coffee socials will be starting up this fall. The topics are open and easy, with no research or preparation. We chat about anything and everything. Don't miss out on this great opportunity to chat with your SLR peers. (Coffee is optional)

Coffee Chat schedule

Saturday Sept 7	Friday Sept 13
Saturday Sept 21	Friday Sept 27
Saturday Oct 5	Friday Oct 11
Saturday Oct 19	Friday Oct 25
Saturday Nov 2	Friday Nov 8
Saturday Nov 16	
Saturday Nov 23 (Friday Nov 22 is Program Preview Day)	
	Friday Nov 29
Saturday Dec 7	Friday Dec 13
Saturday Dec 21	Friday Dec 27

**30<sup>TH</sup> ANNIVERSARY COLLECTION FOR CHARITY**

Thank you SLR Members for your generous donations of personal hygiene items, hats, gloves, socks and much more to Ark Aid, My Sisters Place and Men's Mission. Alison Greenhill, Richard Waring and I have been delivering your donations (hundreds of items) to the charities. The staff and managers of the charities are very grateful for your ongoing support of this project (part of our 30th Anniversary activities). You are helping many people by providing items that give dignity and comfort.

**WE WILL CONTINUE TO COLLECT IN JUNE AND THEN RESUME THE COLLECTION OF ITEMS FROM SEPTEMBER TO DECEMBER 2024. -**

Phyllis Brady

## SLR 30 TH ANNIVERSARY CELEBRATION: Alzheimer's Fund raiser

When the SLR 30 th Anniversary Celebration Committee discussed potential activities for 2024, incorporating an event to raise awareness and funds for the local Alzheimer's Society seemed an obvious choice. We understand that being physically active, mentally active and socializing are three important aspects of brain health. As SLR members, we spend time socializing and learning. So, we decided that a physical activity combined with the Welcome Back Gathering at Springbank Park would be a perfect fit for SLR members. Fundraising for the Alzheimer Society Southwest Partners (London's local branch) would be bonus.

SLR members have personal experiences with dementia (65% of all dementia is related to Alzheimer Disease) and several have been supported by the Southwest Partners. We asked some of these SLR members to tell us about their experiences. These will be published in this edition of our newsletter and in the next edition.

**Janet Williams** shared the progression of her husband's dementia. In 2007 Jack was diagnosed with throat cancer and was treated with chemotherapy and radiation. The treatments left him with difficulty swallowing but he refused tube feeding. Then Janet noticed he was having memory issues. There is family history of Alzheimer Disease and Janet did not want to believe that Jack had it too. She says this was the beginning of her journey of denial.

Jack's driver's licence was revoked due to a seizure but sometimes he forgot he wasn't supposed to drive and drove the car. He went out at night without Janet's knowledge so she was surprised to receive a phone call saying he was lost. She found him a block away from home.

Jack finally got to see a specialist who did cognitive testing and diagnosed dementia. As his condition declined, Janet came to accept their new reality. When Jack asked the same question a half a dozen times, Janet pretended that it was the first time and gave him the same answer. This strategy seemed to satisfy him. When Jack was in hospital because of the swallowing/aspiration pneumonia conditions, he was required to wear a 'wandering' bracelet so that an alarm would sound if he left the ward. He removed the bracelet and was found walking on the street in his hospital gown.

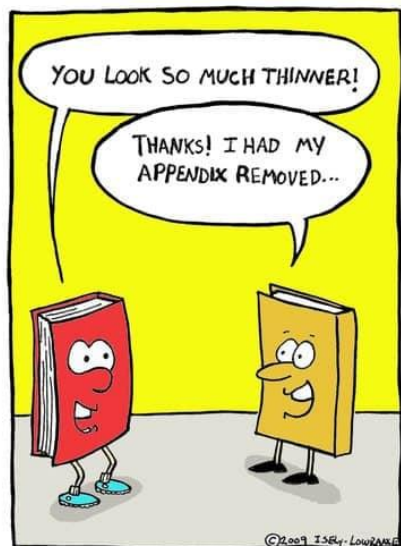
Eventually his dementia and care responsibilities became great enough that he needed to go to a long-term care facility. Eventually he accepted his situation and looked forward to visits with Janet. Janet says that during this time they became closer than they'd been in a long time. The responsibility of his care had been lifted from her and the time they spent together was very special. Jack passed away from pneumonia on November 18, 2020. Jack always knew her and their last words were to say "I love you". Janet will always be grateful for that.

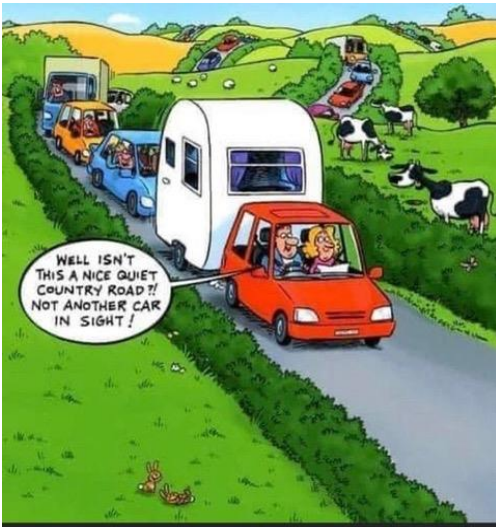
**Geesje Fulton** says her husband was diagnosed with early onset Parkinson's Disease almost 30 years ago. At first there were not any visible changes in their day to day lives, but gradually mobility became an issue. Dementia came much later, and it too was gradual. Small things became evident, in memory, and a quick response to cover up mistakes by making light of the issue. As his caregiver Geesje was speaking for him. She also realized she was constantly keeping up a front, with determination to turn each set back into a positive experience and trying to protect her husband from the hardships. Her husband of many years could pick up on any change in her mood and keeping up these facades were exhausting for Geesje. She needed support and found it through the Alzheimer Society and social workers who provided guidance and understanding. She's made friends with peers who experienced similar frustrations and challenges, and they have helped each other deal with the ever-changing way of life. Geesje also learned to tap into the many resources available, both through public or private help. She says caregiver burn out is real.

*Thank you to Janet and Geesje for sharing with us.*

Look for more shared caregiver's experiences in the September 1<sup>st</sup> newsletter

## **LAUGHTER IS THE BEST MEDICINE Thanks to Terry Rushton**





Tip of the day: Before starting a project, check if you have the resources available



## ANSWERS TO PREVIOUS RIDDLES

1. What is the **freedom** of birds and the pen of old men? **Feathers**
2. I can be half without getting thinner. I can shine with no fire. I can be hidden but never taken. I can stay dry while moving the ocean. What am I? **The Moon**
3. Rarely touched but often held, if you have wit, I'll be easily spelled. What am I?  
**Tongue**

## NEW RIDDLES-These logic riddles may take some time to solve!

1. George, Helen, and Steve are drinking coffee. Bert, Karen, and Dave are drinking soda. Using logic, is Elizabeth drinking coffee or soda?
2. If you have two coins which total 35 cents and one of the coins is not a dime, what are the two coins?
3. Open me, and you can't see me without a mirror. Close me and you can't see me at all. What am I?

## LOOKING BACK- SLR SOCIAL EVENT *Michelle Moore*

Approximately two dozen SLR members and friends attended an information session, tour and beer tasting at London Brewing Co-operative on July 9th. Bernie, whose son, Aaron, is one of the founders, spoke to us about the ingredients and processes used in making organic Craft Beers. Being an inquisitive bunch, many questions were asked and they did a wonderful job of explaining things clearly. The brewery hosts events most weeknights. All enjoyed a tasting of their choosing and many of us brought an assortment home.

# London Brewing Co-operative



SO WELCOME BACK everyone and have a wonderful Fall session at SLR

Margaret Cowan [margaretcowan44@gmail.com](mailto:margaretcowan44@gmail.com)